



# Herby Crumbed Chicken & Potato Fries

with Cherry Tomato Garden Salad & Mayonnaise

HALL OF FAME

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Parsley



Lemon



Chicken Breast



Panko Breadcrumbs



Apple



Carrot



Cherry Tomatoes



Mixed Salad Leaves



Mayonnaise

Prep in: 35-45 mins  
Ready in: 40-50 mins

Eat Me Early

Boost the flavour of a classic chicken schnitzel by adding parsley to the golden crumb coating. Serve with mayonnaise, potato fries and a fresh cherry tomato salad for a meal nobody can refuse!

### Pantry items

Olive Oil, Plain Flour, Egg

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsley	1 bag	1 bag
lemon	½	1
chicken breast	1 small packet	2 small packets OR 1 large packet
plain flour*	2 tbs	¼ cup
salt*	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
apple	1	2
carrot	½	1
cherry tomatoes	1 punnet	2 punnets
mixed salad leaves	1 small bag	1 medium bag
mayonnaise	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2965kJ (709Cal)	417kJ (100Cal)
Protein (g)	47.2g	6.6g
Fat, total (g)	24g	3.4g
- saturated (g)	4.6g	0.6g
Carbohydrate (g)	74g	10.4g
- sugars (g)	21g	3g
Sodium (mg)	1345mg	189mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries, then place on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then bake until tender, **20-25 minutes**.

**Little cooks:** Kids can help toss the fries.

2



## Get prepped

- While the fries are baking, finely chop **parsley** leaves. Slice **lemon** into wedges.
- Place **chicken breast** between two sheets of baking paper. Pound **chicken** with a meat mallet or rolling pin until it is an even thickness, about 1cm-thick.

3



## Crumb the chicken

- In a shallow bowl, combine the **plain flour** and **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **panko breadcrumbs** and **parsley**.
- Coat **chicken** first in **flour**, then the **egg** and finally the **breadcrumbs**. Set aside on a plate.

**Little cooks:** Help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers.

4



## Cook the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base.
- Cook **crumbed chicken** in batches, until golden and cooked through, **2-4 minutes** each side. Transfer to a paper towel-lined plate.

**TIP:** Add extra oil if needed so the schnitzel does not stick to the pan.

**TIP:** Chicken is cooked through when it's no longer pink inside.

5



## Make the salad

- Meanwhile, thinly slice **apple**. Grate **carrot** (see ingredients). Halve **cherry tomatoes**.
- In a medium bowl, combine a generous squeeze of **lemon juice** and a drizzle of **olive oil**.
- Season and add **mixed salad leaves**, **apple**, **carrot** and **cherry tomatoes**. Toss to coat.

6



## Serve up

- Divide herby crumbed chicken, potato fries and cherry tomato garden salad between plates.
- Serve with **mayonnaise** and any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



2023 | CW47

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)